

Technical goal:

To improve my ability to take my first touch in the direction I want to go

Session:

Warm-up (25 min.): Set up a line of 6 or 7 discs (about a yard apart). Dribble in and out of the discs down and back, using the following surfaces and techniques:

- Right foot only (2x)
- Left foot only (2x)
- Inside of the foot (3x)
- Outside of the foot (3x)
- Sole of the foot (1x)
- Backwards (2x)

Have a partner serve the ball for a series of the following volleys (all serves in the air):

- Inside of the foot back to the server's hands
 - Laces volley back to the server's hands
 - Inside of the foot back on the ground
 - Half volley
 - Control with laces, pass back on ground
 - Control with inside, pass back on ground
 - Thigh control, pass back on ground
 - Thigh control, volley back
 - Chest control, volley back
 - Chest control, pass back on ground
 - Head control, pass back on ground
- (About 10 of each, alternating feet)

Progression (15 min): A couple of juggles (or have players toss ball with hands), hit the ball up over head height, and bring it down in the following ways. Focus on moving with the first touch. (Accelerate after touch for a few yards):

- Inside of the foot wedge
- Outside of the foot wedge
- Thigh control, wedge (inside and outside)
- Chest control, wedge (inside and outside)

Culmination (20 min.): Set up 3 or 4 gates (about 3 yards apart) using different color pinnies or disks for each one. Have a server serve the ball in the air or on the ground and he/she shouts out a color. Take the first touch in the direction of the gate, and within a second touch, through the gate. This will not only improve first touch, but also vision and quick decisions.

Foot Skill Warm ups (25 minutes):

Dribbling: Players have a ball & dribble in an area. **10 minutes (1 min. for each one)**

- Both Feet, no restrictions
- Left foot only
- Right foot only
- Outside of foot only
- Inside of foot only
- Execute a move, explode away with three touches
- Dribble and change directions
- Touch Ball with every step

Face Coach – coach gives directions: left, right, forward, back, stop (2 minutes)

- Left – player goes to the left and rolls ball with side of right foot
- Right – player goes to the right and rolls ball with side of left foot
- Forward – player goes forward doing short quick touches with side of foot
- Backward – player goes backward pulling the ball back, alternating feet
- Stop – player does foundations, or touch on top of ball, alternating feet

Passing in Pairs: 12 minutes (2 minutes for each one)

- 1 touch
- 2 touch – quick touch – receive left, touch to right and pass
- Receive pass with one foot, pass back with the opposite
- Receive pass with outside of foot, return pass with same foot
- Receive and cut ball across body, then pull back with same foot, and return pass with the same foot.
- Let pass go through the legs, turn get ball and execute turn, return pass.